

CAREER GUIDE

Yoga

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Introduction

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism.. Among the most well-known types of yoga are Hatha yoga and Raja yoga. Bachelor of Arts in Yoga is an undergraduate Yoga programme. The word yoga means 'to join or yoke together' and it brings the body and mind together into one harmonious experience.

Eligibility

10+2 with 50% marks

Courses

- Bachelor of Science (Yoga)
- Bachelor of Arts (Yoga)
- BNYS (Bachelor of Yoga and Naturopathy Science)

Top Colleges

1) Morarji Desai National Institute of Yoga, New Delhi

Course: B.Sc. (Yoga Science)

Duration: 3 years

Eligibility: Pass in Physics, Chemistry and Biology with a minimum of 50% marks in 10+2

Admission Procedure: Entrance Test (CET)

2) Lakulish Yoga University, Ahmedabad

Course: B.Sc. Yoga

Duration: 3 years

Eligibility: Pass in 10+2

3) Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore

Course: BNYS (Bachelor of Yoga and Naturopathy Science)

Duration: 4 years

Eligibility: 50% marks in 10+2, 40% for SC/ST

4) Dev Sanskrit Vishwavidyalaya, Haridwar

Course: BSc. Yogic Science (Hons.)

Duration: 3 years

Eligibility: 50% marks in 10+2

Course Fees: 20000/- per sem.

5) KPS Ashram Yoga College, Himachal Pradesh

Course: BA (Yoga), BSc. (Yoga)

Duration: 3 years

Eligibility: Pass in 10+2

Job Prospects

Research Officer	Clinical Psychologist	Yoga Therapist
Yoga Aerobic Instructor	Yoga Instructor	Yoga Teacher
Assistant Ayurvedic Doctor	Therapists and Naturopaths	Trainer/ Instructor Health Club

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Original WonderSkool source: <https://www.wonderskool.com/index.php/listing/101-yoga>